

## NEWSNOTES

### Town Hall meeting scheduled at Club Dix

The next Fort Dix Town Hall meeting is scheduled for Sept. 9 at 2:30 p.m. in Club Dix. This will be the first Town Hall meeting with Col. Patrick Slowey, Fort Dix commander.

Questions can be addressed, in advance, to the Plans, Analysis, and Integration Office (PAIO). These questions will be made confidential upon request. The PAIO point-of-contact is William Howard, who can be reached at 562-6660 or bill.howard@dix.army.mil.

Index cards will also be provided at the Town Hall meeting for those who would like to have their questions read at the meeting.

### Retiree Appreciation Day coming to Griffith Gym

The annual Fort Dix Retiree Appreciation Day (RAD) will be held Sept. 12 in Griffith Field House on 8th Street at Doughboy Loop from 8 a.m. to 1 p.m.

The event offers a variety of information and give-aways for the more than 13,000 military retirees in New Jersey and the surrounding areas. Visitors may enjoy refreshments prior to the formal opening of the ceremony at 10 a.m. when the Pleasantville JROTC under the leadership of Sgt. 1st Class Angelique Sims will post the colors as well as perform a drill exercise.

This year's event will feature three guest speakers: Command Sgt. Maj. Sylvia P. Laughlin, Fort Hamilton command sergeant major; Earl Roberts, DFAS, Cleveland; and retired Col. Carmen Venticini, chairman, New Jersey ESGR.

The cost for the buffet luncheon is \$24 per person and includes baked chicken, BBQ ribs and baked tilapia. Reservations in advanced are required, and can be made by sending checks payable to Fort Dix Retiree Council to SGM Norman Pallotto, 15 East Central Ave., Moorestown, NJ, 08057.

For more information, call Fay Marshall-Dease, retirement services officer, at 562-2666.

### Burger King to close for renovations

The Fort Dix Burger King, Bldg. 5399, will be closing Sept. 13. The expected closure will last 50 days as the kitchen is being renovated and upgraded. Once the kitchen is completed, Burger King is expected to open for service in the DRIVE THRU ONLY for another 45 days while the dining room is renovated. The estimated \$1.3 million project is expected to take just over 90 days.

### Separation and divorce help available

Starting Sept. 16 at 6:30 p.m., anyone dealing with the pain of separation or divorce can get help at the Fort Dix Main Chapel. The Separation and Divorce Support Group offers help dealing with the issues that go along with this difficult experience. The group meets for 13 sessions.

Registration is required, and childcare is available. Call 562-4830 or 562-2020 for more information.

## Weather

**FRIDAY** -- Mostly cloudy skies with highs in the low 80s, lows in the low 60s.

**SATURDAY** -- Sunny with highs in the low 80s, lows in the low 60s.

**SUNDAY** -- Chance of showers with highs in the low 80s, lows in the low 60s.

**MONDAY** -- Mostly sunny with highs in the low 80s, lows in the low 60s.

**TUESDAY** -- Sunny with highs in the low 80s, lows in the low 60s.

# MPs prep for deployment



Wayne Cook

**POPPING SMOKE** -- A Humvee manned by Soldiers of the 363rd Military Police Company, Grafton, W. Va., comes under attack as they sustain simulated damage during a convoy training mission on the Fort Dix ranges Aug. 27. The military police troops are headed for Iraq to perform police transition team duties, preparing the Iraqis to take full responsibility for the safety and security of their communities and country.

Wayne Cook  
Public Affairs Staff

Soldiers with the 363rd Military Police Company from Grafton, W. Va., along with Soldiers from seven other states, prepared for deployment to Iraq by completing mobilization training at Fort Dix Aug. 27.

The Soldiers representing the Mountain State are headed to Iraq to train and prepare Iraqi policemen and security troops. Several military police units have just completed training or are in the process of training at Dix for missions in support of contingency operations around the world.

According to 1st Sgt. Michael Holyfield, a Soldier with 25 years in service to the state of West Virginia and the United States, this will be the 363rd MP's fourth mobilization since the early 1990s. The company deployed to Iraq during Desert Shield/Desert Storm in 1991, again in 2004, followed by another tour in 2005, and now in 2009.

In between the 2004 and 2005 deployments, the military police company was assigned to the Department of Homeland Security and performed physical security duties at the U.S. Army War College at Carlisle Barracks, Pa.

"The Soldiers in this unit are top rate. There is a lot of stability and experience (continued on page 3)

## Base of Preference program revamped

9/1/2009 - RANDOLPH AIR FORCE BASE, Texas (AFNS) -- Air Force Personnel Center officials have revamped the Voluntary Assignments Base of Preference Program to allow eligible enlisted members to initiate BOP requests online.

Air Force members from the rank of E-8 and below can now apply for permanent change of station BOP, in-place BOP, or both through the virtual Military Personnel Flight Web site.

Senior Master Sgt. Vaughn Gibson, the Personnel Services Delivery Career Development and Readiness superintendent at AFPC, said the new program will affect about 10,000 Airmen worldwide and provides a re-enlistment incentive for first-term Airmen as well as allow career Airmen to continue their Air

Force careers.

According to Sergeant Gibson, the streamlined process will use the vMPF Web site to perform a preliminary check of an Airman's eligibility prior to their submission and automatically update their status in the Military Personnel Data System. Base-level military personnel sections will receive guidance and training on the new process to assist unit members with answering general questions.

The Total Force Service Center in San Antonio will be primarily responsible to assist members with extenuating circumstances accessing vMPF, determining their eligibility requirements and making updates to their information in MiPDs.

(continued on page 9)



U.S. Air Force photo/Carlos Cintron

**FAMILY REUNION** -- Spc. April Leizear, Headquarters Support Battalion, 108th Field Artillery, 56th Stryker Brigade Combat Team, reunites with her 20-month-old son Collin.

## Stryker Brigade troops continue demobilization

Soldiers of the Pennsylvania Army National Guard's 56th Stryker Brigade continue to pour into Fort Dix for demobilization, and the peak of the return will occur next week putting the mission beyond the halfway mark for 4,000 troops.

As of this week, more than 1,560 Soldiers have arrived since the brigade started to rotate its forces home after completing their Operation Iraqi Freedom mission. Another 1,500 are expected

to arrive in the first half of September.

Family members, many traveling at great distances, have gathered at the New Jersey National Guard Joint Training and Training Development Center for reunions.

Besides missing mom's cooking, Sgt. David Aguayo, Headquarters, Headquarters Troop, 2nd Battalion, 104th Cavalry, Reading, Pa., and a Harrisburg (continued on page 9)



U.S. Air Force photo/Carlos Cintron

## Four-star review

Gen. Arthur Lichte, Air Mobility Command commander, visits the Community Center on McGuire Air Force Base for a Company Grade Officer luncheon Aug. 26. Lichte answered questions following the luncheon.

## FMWR chief departs

### Fort Dix vet sets sights on Fort Hamilton

Lisa Evans  
Public Affairs Staff

If she fired you, you knew you were okay. Sarah Johnson, former director of Family Morale, Welfare and Recreation (FMWR), always fired someone.

"Sarah was a great person to work for," Robert Swinger, garrison information services officer, said. "Granted, at special functions and luncheons somebody could count on getting fired at least once, but we knew that it was just her way of relieving frustration when things didn't go exactly right."

Since the special functions Johnson decided on were things like bringing Patti LaBelle, Clint Black, and a national cooking show to Fort Dix at least once if not twice a year, plus the huge 4th of July bash with fireworks and entertainments, USO shows came, and club theatres, she had plenty of opportunity to fire people.

She always took an active role, participating, checking things out, said Ernie Yeager, Outdoor Recreation director.

Steven Melly, deputy to the commander, said, "Sara always showed an ability to go beyond and challenge herself and her team when it came to



Sarah Johnson

FMWR and putting together bigger and better events on Fort Dix. Her interest was always the Soldiers, families and civilians and improving their quality of life; goals which the FMWR and Sarah always achieved. All I can say is watch out Fort Hamilton, here she comes."

Johnson moved her energetic operational skills to Fort Hamilton, N.Y., Sept. 1. Fort Dix's loss is definitely Fort Hamilton's gain. Johnson toiled 26 years for Fort Dix Soldiers and families, rolling with the changes as the post went from active-duty to reserve status, through many name changes in Army programs for Soldiers and families, and finally through joint basing. This latest change moves FMWR services to (continued on page 4)

# Navy announces winners of 9th annual logistics award

9/1/2009 - LAKEHURST, N.J. - Once again, the NAVC-AD Logistics community took time to pause and remember the legacy of Michael G. Simodejka, the man primarily responsible for the establishment of Logistics as a major force in NAVC-AD.

On Aug. 25, the 9th annual ceremony presenting the awards to the 2009 winners, was held at Lakehurst. Once again the ceremony was graced with the presence of Pat Simodejka and her family, Dawn Jacobus and her husband Michael, with their children, Michael and Kira, and for the first time, Jason Simodejka, Pat and Mike's son was able to attend.

Pat spoke of her appreciation for this award keeping the memory of her husband alive within the Logistics Community and updated everyone on the past year of family life for the Simodejkas.

The recipient of this year's Michael G. Simodejka Outstanding Logistics Manager of the Year Award is Jeffrey L. Hampton. The recipient of the Team of the Year Award is the Comprehensive Automated Maintenance

Environment Optimized (CAMEO) Team. These selections were based upon demonstrated Leadership, Innovation, Warfighter Support and Process Improvement.

Jeffrey Hampton, AD 6.6.3.1 was recognized for his superior dedication and professionalism over the past year while performing his duties as Deputy APLM for the PMA-201 Fuel Containment Team. Fuel Containment encompasses organic Navy Aerial Refueling Systems and Navy/USMC External Fuel Tanks. With Navy and Marine Corps Aviation currently engaged in the Global War on Terrorism,

Hampton's daily achievements have made a significant difference to our War Fighters. Mr. Hampton is charged to ensure that both organic aerial refueling systems and External Fuel Tanks are fully maintainable and operationally supported, thus greatly enhancing strike capability of Navy and Marine Corps Aircraft.

The CAMEO Team, headed by Scott Maley, was recognized for the introduction of CAMEO

1.0 to the V-22 fleet. CAMEO 1.0 is a joint service, Non-Proprietary, Government owned, automated Logistics Environment (ALE) solution which maximizes flexibility for continuous enhancements as well as reuse by other interested Aircraft Platforms looking to leverage an AME solution at minimal cost. The Team also actively pursued collaborative efforts with the E-2D and VH-71 programs to maximize reuse and cost sharing for common ALE capabilities between the three programs. Work on enhanced versions of CAMEO has continued with the 1.1 version anticipated in the summer of 2009 and the 1.2 version expected before the end of 2009.

Each awardee received an individual plaque and a monetary award. Their names are engraved on bronze plates, which will be attached to larger permanent plaques on display in the lobbies of Building 596 at Lakehurst and Building 516 at Patuxent River.

Simodejka was a highly decorated retired Army Ranger and during his distinguished career,

he received many commendations and medals, among them the Bronze Star, Army Commendation Medal and National Defense Medal. Upon his retirement from the Army, he started his civilian career with the United States Navy as a Staff Logistics Manager in the Support Equipment Engineering Department, Naval Air Engineering Center, Lakehurst, in 1977.

He then moved to the Ship Installations Department as a Logistics Division Head before he was tasked with establishing the first Logistics Department at the Naval Air Warfare Center - Aircraft Division (NAWC-AD) in 1997.

His civilian naval career as a highly successful manager and leader in logistics management spanned 23 years before being cut short by his untimely death in August 2000 as one of the passengers on the shuttle flight traveling from Lakehurst to Patuxent River.

## COMMANDER'S ACTION LINE

The Action Line is an integral part of the base feedback network. Base personnel are urged to use the chain of command first to address their concerns.

If you are not satisfied with the response from your chain of command, or you are unable to resolve the problem or concern, call (609) 754-3247. Action lines may be made anonymously, however it is recommended you leave your name and number in case more information is needed to address your concern.



Col. Gina Grosso  
Joint Base Commander

## Airmen work hard to defend freedom

Gen. Arthur J. Lichte  
Air Mobility Command Commander

8/31/2009 - SCOTT AIR FORCE BASE, Ill. -- As I visit with people at bases throughout Air Mobility Command and our operations across the globe, one thing I always admire is the strong spirit of our Airmen and civilians who keep the mobility mission moving day in and day out.

We have an extremely important mission in AMC, supporting our nation at home and abroad while operating in harm's way and providing humanitarian relief. This equates to more than 900 sorties flown each day by aircrews on mobility aircraft and the great ground support that enables the air mobility mission. In order to achieve these incredible accomplishments, it takes the extraordinary efforts of our people including active duty, reserve, and guard Airmen as well as civilians employees. We simply would not be successful without each and every one of you - it's a Total Force team effort.

Labor Day recognizes the contribution workers have made to the strength, prosperity, and well-being of our great country. It's true of our Airmen, civilians, and their families as well. The success of the world's best Air Force is carried on by their dedication and hard work -- I am extremely honored to serve with you.

This Labor Day weekend, we'll celebrate some well deserved time off to enjoy with family and friends. However, I don't want you to forget the importance of keeping safety as your top priority.

Whether it's during the Critical Days of Summer or any other time throughout the year, we must ensure safety is at the forefront of our decision-making process, both on and off duty. Please use operational risk management for all your activities. Calculating the risk and weighing your options is the safest way to complete whatever you are doing. Please don't forget the importance of reminding each other to wear seatbelts, follow checklists, and do other important things to stay safe.

The Lichte family would like to thank you and your family for your service and sacrifice. Enjoy your Labor Day weekend - you've earned it. However, don't forget to make safety your number one priority, every day, both on and off duty. Also take time this Labor Day to remember those who are deployed around the world protecting our freedom. Your enthusiasm, spirit, hard work, and dedication make me proud to be the commander of Air Mobility Command!

### Correction:

Col. Larry Boyd, deputy commander for mobilization, was misidentified in the story titled "Tate commands Alpha Co. MRB" on page 3 of the Aug. 28 edition of The Post.

## Army Community Service (ACS)

562-2767

Bldg. 5201, on the corner of 8th Street and Maryland Avenue

## the Post

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## Fitness lies we all tell ourselves

Chief Master Sgt. Rob Tappana  
Air Education and Training Command

9/1/2009 - RANDOLPH AIR FORCE BASE, Texas (AFNS) -- As we prepare for the revised Air Force fitness testing program, I've spent the last couple of months educating myself on diet and fitness -- subjects I thought I knew plenty about, I was mistaken.

Throughout my career, I've prepared for and passed each physical training test. Although I never scored high, I felt good because I always passed, and I told myself I'd done my best. I was wrong. I'd actually done just enough to get by and made excuses for not doing better. I thought I'd take this opportunity to share some of the lies I discovered I was telling myself. Some of them may sound familiar to you.

1. The weight standard/waist measurement (take your pick) just isn't fair to tall/big guys like me, we're "big-boned."

I've heard people say this many times over the years and spoke those words myself. I finally had to admit they are not true. I am not "big-boned"; I am "big-spooned." That's right, I like to eat more than I like to exercise and I can eat faster than I can run. One day I realized I was 29 pounds heavier than when I enlisted. I didn't have 29 more pounds of bone, just 29 more pounds of lurch hanging from the bones I already had. It is a simple math problem, 3,500 calories is roughly equal to one pound. If you take in 3,500 extra, you gain a pound; work off 3,500 more than you take in, and you lose a pound. My weight and waist went up as my intake went up and exercise went down. One more thing, there is no waist measurement in the new fitness program, it is an abdominal circumference. The measurement is taken above the iliac crest (the top of the hip bones). The only bone structure there is the spinal column. I don't have a 38 inch spine. The good news is my weight and waist (and abdominal circumference) are coming down as my consumption drops and my exercise goes up, yours will too.

2. I can run for a long time, but I can't run fast. I've always enjoyed jogging, but never worked on speed. I like long slow runs. When preparing for my test, I usually added an extra mile or two. Sadly, it is impossible to get faster by running slowly, even if you run slowly for a long time. My local health and wellness center helped out with a running clinic. They provided helpful information on selecting proper shoes for my running style and form as

well as instruction for adding interval training and other speed work to my routine. I am not the fastest runner on base, but my times are steadily getting better.

3. I've never been a "strength guy" and with my "bad back" getting max points on the pushup portion of the test is simply out of reach.

While it is true I have never been particularly strong, it turns out this is not genetic. I find pushups, crunches and other forms of strength training to be pretty boring. Therefore, I seldom did any. When I did try, I soon felt pain in my back and stopped. What I've learned is that my back is actually doing quite well. I lacked good core conditioning. After reading an article on how to use core conditioning and strength training to ensure good support to the spine, I decided to give it an honest try. I was very happy to find both my crunches and pushups improved considerably. Best of all, when I have to stop, it is usually not from pain, but from muscle fatigue. I am not where I want to be yet, but the goal is in sight. If you are having problems in this area, go see the HAWC or the fitness center staff. They will provide help to get you started.

4. It is very important to get ready to take my PT Test. This is perhaps the biggest lie of all. It isn't important to get ready for a PT test, it is important to get fit, period. I don't want to be "fit to test" or even to just be "fit to fight." I want to, no, I need to be "fit for life."

I want a long, healthy life unmarred by preventable weight-related medical problems like diabetes, high cholesterol and high blood pressure. I don't want to keep growing larger, especially since that impacts my ability to keep growing older. I love my wife and daughters and I adore my grandkids. I am determined to spend as much time with them as I can.

For me, this is a journey. I am determined to spend the next six to eight months investing in better health to achieve my highest PT score yet, and to be at or below the weight I was when I enlisted. What is more, I want to develop sustainable fitness habits which will last a lifetime. If after reading this you find yourself feeling the same way, stop by the HAWC and sign up for a class or two. Learn how to take better care of yourself. Give yourself and your family the gift of good health. Let the Air Force fitness program motivate you to take better care of yourself.

(Commentary by Chief Master Sgt. Rob Tappana of the Air Education and Training Command)

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**Fort Dix Main Chapel**  
Starting Wednesday September 16th, 2009 at 6:30 p.m.  
13 Sessions

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# Family to bring law to Iraq

Wayne Cook  
Public Affairs Staff

When the 229th Military Police Company, Virginia National Guard from Virginia Beach, deploys in late September



Wayne Cook

**FAMILY** — Sgt. Ryan Carila joined his father, Sgt. Al Carila, in the 229th Military Police Company when he heard the unit was deploying to Iraq in support of Operation Iraqi Freedom. When the younger Carila joined the Army Reserve in 2007, his father, a former Soldier, was inspired to return to service in the military.

or early October, the father of one of the Soldiers will not have to wonder where his son is and what he is doing. He will be standing with him in Iraq, a Soldier in the same unit.

Sgt. Al Carila was a former Soldier who served in the Army

for six years during the late 80s. After getting out of the Army, he joined the Virginia Beach Police Department and is now a K-9 officer.

When terrorists flew planes into the World Trade Center and the Pentagon, and crashed one in a field in Pennsylvania in September 2001, Carila started thinking about re-enlisting.

A few years passed and Carila's son, Ryan, decided he wanted to follow in the footsteps of his father and grandfather and join the Virginia National Guard. In 2007, the junior Carila became a Soldier in the Virginia National Guard Field Artillery.

"When Ryan joined, it inspired me to look into rejoining. I wasn't sure if I was too old or if they would take me, but here I am. It was another chance for me to serve my country. In August 2007 I returned to service in the Virginia National Guard as a military policeman," said the senior Carila.

Originally assigned to duty at Fort Pickett, Spc. Carila heard that his father's company, the 229th MP Co., received orders to mobilize and deploy in support of Operation Iraqi Freedom.

He put in for a request to transfer to the 229th to join his father, and the request was granted.

"I was proud he wanted to be with me on this deployment. We can kind of keep an eye out for

each other. It will ease his mother's mind, in a sense," Sgt. Carila said.

Spc. Carila attended his first drill with the military police company in July, so his father feels a little more prepared, but he also knows that his son is a quick learner and will do well.

The sergeant said, "I'm proud to have an opportunity to serve, not only my country, but together as father and son. We serve in a great unit with a great commander and fellow Soldiers. There is a reason for everything and I'm sure there is a reason we are serving together."

When asked if he felt any apprehension about deploying, Spc. Carila responded, "Naturally, I'm nervous. It's my first deployment. I don't know what's going to happen. I'm doing something none of my friends back home are doing. I'm going to war with my dad. We can watch each other's backs. I'm excited and proud to be able to serve. It's my chance to serve my country; it's what I want to do. The door is open and wherever it leads me, that is what I want to do. I know this isn't easy for mom, but she is a strong woman. I know she is handling it. I have my sister, Krista, who is back home helping her."

As for Sgt. and Spc. Carila, they are in the good care of the men and women of the 229th Military Police Company.

## Police Log

Police Log is a weekly synopsis of significant police activities developed from reports, complaints, incidents or information received and actions taken, for the week of Aug. 24 - 30.

The abbreviation DoD stands for Department of Defense; NAFD means Not Affiliated with Fort Dix (the subject doesn't live or work here); NCIC stands for National Crime Information Center; DWI means Driving While Intoxicated; CDS means Controlled Drug Substance; POV means Privately Owned Vehicle; MAFB stands for McGuire Air Force Base; USAF EC stands for US Air Force Expeditionary Center; AHCC stands for Ambulatory Health Care Clinic (MAFB); VMHBC stands for Virtua Memorial Hospital of Burlington County; CP# stands for Check-point Number.

●Police responded to a motor vehicle crash at the Shopette. Investigation revealed a vehicle, operated by a civilian NAFD, struck another vehicle while backing. There were no reported injuries and the vehicles were released to the operators at the scene.

●Police responded to a traffic accident on 19th Street. Investigation revealed a trailer, being towed by a vehicle operated by an FCI employee, struck a parked vehicle. There were no reported injuries and the vehicles were released to the operators at the scene.

●While processing a visitor at the Visitor Center, police discovered the subject, a civilian NAFD, had an outstanding warrant out of Camden County. The subject was transported to the police station for processing and transferred to the custody of the Camden County Sheriff's Office.

●During a routine traffic stop on Lewistown Road, police discovered the vehicle operator, a civilian NAFD, had an outstanding warrant out of Mercer County. The subject was transported to the police station for processing and transferred to the custody of the Mercer County Sheriff's Office. The vehicle was released to a licensed driver.

●During a routine traffic stop on Lewistown Road, police discovered the vehicle had expired registration. While conducting an inventory of the vehicle prior to towing, police discovered possible CDS paraphernalia. The subject, a civilian NAFD, admitted to having smoked CDS the day prior. The vehicle was towed from the scene. The subject was transported to the police station for processing and cited.

●Police responded to a traffic accident on 16th Street. Investigation revealed a vehicle, operated by a Fort Dix civilian employee, backed into a fence pole. There was no damage to the fence. There were no reported injuries and the vehicle was released to the operator at the scene.

●While conducting a routine credential check of a vehicle attempting to enter the installation via CP #9, police discovered the vehicle, operated by a civilian NAFD, had four open containers of alcohol. The subject was cited.

●Police responded to a report of accidental damage on 10th Street. Investigation revealed a vehicle, operated by an airman assigned to McGuire AFB, lost a wheel due to loss of lug nuts. The vehicle sustained disabling damage and was towed from the scene. There were no reported injuries.

●Police and Fire Department personnel responded to a fire alarm at Bldg. 5997. Investigation revealed smoke from an iron activated the alarm.

●During a routine credential check of a vehicle attempting to enter the installation via CP #9, police discovered possible CDS paraphernalia. Passengers in the vehicle, all civilians NAFD, denied ownership of the items. The item was confiscated and the subjects were escorted off post. Investigation continues.

●Police responded to a traffic accident at the Main Gate. Investigation revealed a vehicle, operated by a Soldier NAFD, struck another vehicle from the rear. There were no reported injuries and the vehicles were released to the operators at the scene.

●During a routine traffic stop on Doughboy Loop, police detected a strong odor of CDS emitting from the vehicle. Inside the vehicle police discovered a bag of possible CDS. All three individuals in the vehicle, all civilians NAFD, were taken to the police station for processing. While at the police station the vehicle operator admitted ownership of the CDS. Further investigation revealed the operator had a suspended driver's license. The operator was cited.

●Police responded to a motor vehicle crash at the Main Shopette. Investigation revealed a vehicle, operated by a civilian NAFD, struck another vehicle. There were no reported injuries and the vehicles were released to the operators at the scene.

●During a routine credential check of a vehicle attempting to enter the installation via the Main Gate, police discovered the operator, a civilian NAFD, had an expired driver's license. The subject was cited and the vehicle released to a licensed driver.

●Police and Fire Department personnel responded to a possible gas leak at Bldg. 5519. Investigation revealed a strong odor of gas but could not locate the origin. The utility company was notified and sent a work crew to resolve the problem.

●Police responded to a report of wrongful destruction of private property in the Garden Terrace housing area. Investigation revealed unknown subjects(s) damaged quarters occupied by an airman assigned to McGuire AFB.

●There were 17 expired identification cards confiscated during the period.

●There were 17 Magistrate Court Citations issued for violations. DWI incidents remain at nine for the year.

## Police Transition Team deploys

Wayne Cook  
Public Affairs Staff

The Tennessee National Guard mobilized the 252nd Military Police Company from Cleveland, Tenn., for an assignment as a Police Transition Team in Iraq. More than 160 Soldiers of the 252nd completed training on Fort Dix Aug. 30 in preparation for the deployment.

The men and women of the military police company will be tasked to train Iraqi police officers and security forces on techniques and policies that will help to enable them to take sole responsibility for the safety and security of their communities and country.

"Our guys are pretty much trained for everything. We have been told at every training lane on Fort Dix that we are one of the most professional and motivated units they've seen. There are a lot of experienced noncommissioned officers in the company and they are sharing their leadership skills and experiences with the rest of the Soldiers," said 1st Lt. John Ruckman from Westmoreland, Tenn.

The 252nd MP Co. has many Soldiers with few years in service and little, if any, overseas experience. They are relying on the shared info from the more experienced Soldiers.

Spc. Jeremy Bangston from Chattanooga, Tenn., is a full-time student at the University of Tennessee at Chattanooga when

he is not serving in the National Guard. This is his first deployment and he is confident that the training he has received will help him complete his assigned mission.

"The training has been very good at Fort Dix. I am enjoying the realism of the training environment. The trainers are very professional and I am inspired to follow in their footsteps. I think I have the natural apprehensions and jitters about going to war, but then I fall back on my training and leadership and everything seems to play itself out," Bangston said.

A young Soldier in the company who decided to join the Army National Guard because of her high school Junior Reserve Officer Training Corps experience, Spc. Elizabeth Fishback from Cookeville, Tenn., admits to being anxious and nervous but also very excited. She is looking forward to the opportunity to gain a great new experience.

"The training has been a bit repetitive at times, but all-in-all I'm having a lot of fun learning the different aspects of my career field. Our leadership has been very supportive of the Soldiers in the company. They really know what they are talking about; they aren't just winging it," said Fishback.

Another of the newer Soldiers is Spc. Warren Heminger from Cleveland, Tenn.

Although he is a Soldier with few years experience in the military, he actually has quite a bit of



Wayne Cook

**PLAN OF ACTION** — Soldiers from the 252nd Military Police Company, Detachment 1, Tennessee National Guard, go over pre-convoy operations plans during their Mission Readiness Exercise at Contingency Operation Location Camp Victory, Aug. 28.

experience in life. A Drug Task Force officer assigned to the 10th Judicial District of Tennessee, Heminger was 41 years old when he attended basic training at Fort Leonard Wood, Mo., three years ago.

"I'm looking forward to the experience overseas. I'm also looking forward to the camaraderie of the Soldiers in the company. It's much stronger in the military than on the outside. I'm looking to gain as much law enforcement experience that I

can. It can only help me grow in my profession. I'm confident. I've been well trained. We have a fantastic complement of experienced Soldiers in the unit, I'm ready to go do my duty," said Heminger.

"Although there is a feeling of anxiety and excitement among the Soldiers of the company, I am certain our Soldiers are ready for the assigned task. They just want to get in country and accomplish the mission," reiterated Ruckman.

## MPs prep for deployment

(continued from page 1)

in this company because there are a lot of Soldiers with prior knowledge of this unit and its accomplishments who voluntarily transferred in for the deployment. This unit has a great reputation as one that can handle the hard missions. We've always pulled the real-world missions during annual training. You've got to have an exemplary outfit to get the real-world missions," said Holyfield.

The majority of the Soldiers in the 363rd have worked together at one time or another. They are pretty familiar with each other.

Holyfield said the Soldiers have set a pretty high standard for professionalism and performance. He said they drive themselves to be the very best at what they do and push each other to maintain the standard and reach for the next level proficiency.

"As it pertains to this deployment, our competency level is where it is at because our Soldiers are confident and ready. There are no reservations about this mission and they are ready to go. There's work to be done; they still need us, so we will go," the first sergeant concluded.



Wayne Cook

**TRAINING THE TRAINERS** — During a training scenario on Fort Dix Aug. 27, Staff Sgt. Matthew Foremba, 363rd Military Police Company, is greeted by the local Iraqi police chief, played by a civilian on the battlefield role player. The Soldiers of the military police company are deploying to Iraq to help train Iraqi police and security forces.

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# Post's FMWR chief departs

(continued from page 1)  
McGuire Air Force Base with uniformed service control.

"I decided to retire, but my boss from region called and said there was a job at Fort Hamilton where I was needed," Johnson said recently. "It's going to be different for me. It's definitely bittersweet. But Fort Hamilton allows me to do what I want to do with the Army FMWR. And I will be able to mentor a young staff. Here, I have a seasoned staff who already knew what to do."

Johnson assiduously gives credit to her staff, but she received the prestigious White Plume award in 2008. This is the Army's highest medal for achievement in support of Army FMWR. Winners of the White Plume represent true service to the soldier, the Army, and the nation.

"I'm a little noisy. I'm like a gnat," Johnson laughed. "I have loved my job, loved it, loved it. When you look at what we've accomplished, how could I not love it? Sometimes, I was sore the next morning, but there is a sense of satisfaction that feels good."

"We had the big stars here and that takes a lot of work. Clint Black and Patti LaBelle, Sesame Street; people don't understand what goes into those things. I just tell my staff and they come up with those big events."

Johnson modestly attributes the success of many large events to the very hard work her staff put into the events, but also to the other directorates on Fort Dix.

"Dix is integrated," Johnson explained. "We get support from DPW, DPTMS, DOIM, (Directorate of Public Works, Directorate of Plans, Training, Mobilization and Security and Directorate of Information Management) from every directorate. All of them are willing to do the best for the community if we give them time to plan. Things at Fort Dix are very much a team. Maybe I have to help build that team at Fort Hamilton."

"One of the more difficult things DPW faces with MWR operations is the broad variety of issues that are required to keep the operations running," said Dave Peckham, director of Public Works. "Normally, the MWR folks do not coordinate well with the DPW organization to make sure their interests receive visibility and are included in the Installations project planning process. Not so at Fort Dix."

Peckham said that Johnson kept DPW and the other directorates fully informed of her planned events, including them in the planning process to identify and prioritize requirements. He continued saying that Johnson enabled Fort Dix to do many things to benefit military personnel, families and civilians working on Fort Dix that other posts



don't or can't do.

"Sarah's positive attitude, compassion, energy, professionalism and desire to do things to help all people associated with Fort Dix has made a significant positive impact that will not be forgotten. Our loss is definitely a huge gain for Fort Hamilton," Peckham concluded.

When Johnson began working here more than a quarter century ago, she began as secretary to the director of Personnel and Community activities. That was her introduction to services offered to Soldiers and families. From there she moved to Army Community Service (ACS) as a management analyst which morphed into her third job with Family Services, she said. That launched her fourth job in financial management, still with Community Services.

When Johnson became the services chief, she said it occurred to her she might as well aim for the top. She said her chance to delve into every detail of FMWR operations came when she was offered an assistant director position. Then, in 1997, she became acting director and finally director in 2000. By that time, she knew FMWR services thoroughly, from birth to grave, she said.

One thing everyone who has worked with Johnson agrees on is her dedication to the welfare of the military family. There is very little Johnson and her staff at FMWR won't try to accomplish to keep the customer happy, said Bob Vogt, chief of the Recreation Department. Vogt explained that Johnson believed in her employees and gave them free reign to get the job done.

"We are a small, out-of-the-way installation. People come and are baffled we have so much," Vogt said. "There are



things done here that most installations would never, ever see. Like the \$140,000 water slide and the micro-brewery at Club Dix. She has supported everything. It's always exciting working with Sarah."

Bringing in superstars and throwing themed holiday parties, where no expenses were spared and the directors dressed up in sometimes bizarre costumes for Team Dix Days were the best of fun and a lot of work, Vogt said.

"With Sarah's tutelage and support, we have accomplished things that I never expected to be in my job description when I came to work here. I will miss working for and with Sarah and I wish her well at Fort Hamilton" Swinger said.

"She did a lot for teamwork on Fort Dix where there is always competition for resources and a lot of daily stress," Yeager explained. "She got us to act like kids for a day. She wasn't above cheating. Like Henry Mellon

**SAYONARA, SARAH --** Sarah Johnson, director of Family, Morale, Welfare and Recreation, far left, and Stephen Melly, deputy to the commander, take the part of nurse and doctor to win the Leadership Challenge during Team Dix Day 2005. Johnson poses as Lady Liberty, right, as she delivers a speech to directors during a Christmas party in 2002. Keeping with the holiday theme, Johnson poses with the Easter Bunny, below, in 2006. "She kept putting the bar higher and challenging the crew to exceed the last memorable event," said Bob Vogt, chief, Recreation Division.



courtesy photos

**SELFLESS SERVICE --** Sarah Johnson, director of Family, Morale, Welfare and Recreation, Paul Ronon, dressed as a Family Services volunteer, and Amada Espinoza, from left below, enjoy some levity at Army Community Service in 1984, only the second of Johnson's 26 years of service at Fort Dix.



Lopez, we had one competition this year where directors had to get things out of a slimy bucket with their feet. But because he was so good at it, she duct taped him to his chair."

"She's one of the main reasons I stayed," said Jackie Holliday, marketing specialist with FMWR. "I was just passing through on my way to something else and stayed. One of the first events she worked, she was emptying the trash cans. This was my boss. It was an eye-opening experience."

Johnson has too much energy to confine it to Fort Dix FMWR. She also works with her church group, pairing with son Jesse, now 27, to spearhead not one, but two church youth groups, reported Kelly Cezar, program assistant with FMWR.

"She has been a great boss. She's been awesome to all of us," Cezar lauded her. "I've been in this position 15 years, so I've been working with her the whole time she's been in her position. So we've been through a lot of things together."

"I remember her being so strong when she had breast cancer. She was losing her hair, wore a wig. Here she was, a person who was always at the hairdressers, having her nails done because she had to look good, and she was going through chemotherapy and going bald. She modeled her wig. She was very gracious through the whole thing. I thought."

"The pressure was always on," said Yeager. "As a director she was always looking to bring fun stuff to the Post so that peo-

ple would have a good time. She's a good woman, a Christian woman, who always wanted to do right by her people."

Col. Larry Boyd, deputy commander for mobilization, said that Johnson was the epitome of Fort Dix dedication.

"Sarah Johnson has become an institution at Fort Dix, synonymous with excellence," Boyd said.

"The enthusiasm and world-class service she has brought to the Family, Morale, Welfare, and Recreation Directorate and the thousands of Soldiers, Sailors, Airmen, Marines, Coast Guardsmen and family members over her stellar career here at Fort Dix has been truly outstanding. A team player extraordinaire, she will be sorely missed by her Team Dix family."

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## Wire wars



Airman 1st Class Jordan Sharpe, 87th Communications Squadron operations flight, works on a remodeling/clean-up project in Bldg. 1907A. Cumulatively, he (with many others) removed/recycled more than 1,000 feet of unused network cabling and cleaned/vacuumed the entire sub-floor after removing each tile individually in the old communications focal point building.

courtesy photos



# NEIGHBORHOOD

## The Corner

### Chapel holds Sept. 11 remembrance ceremony

A Sept. 11 memorial service will be held at the Fort Dix Main Chapel Sept. 11 at 11 a.m. For more information call 562-2020.

### Outdoor Recreation hosting adventure trips

Outdoor Recreation is hosting a trip to the Camden Adventure Aquarium Sept. 12 and a weekend camping trip to Bushkill Falls Oct. 17. Call 562-2727 for more information.

### Second annual Mud Run seeks volunteers

Volunteers are needed to help with the Burlington County Military Affairs Committee second annual Mud Run. Last year over 12,000 people showed up to witness the dirty spectacle of this 10K run and even more are expected this year.

Volunteers are needed to man obstacles, help with crowd control and fill various other positions. The first 150 people to volunteer will receive the Mud Run 2009 T-shirt. The run takes place Sept. 26. Volunteers are needed from 8 a.m. to whenever tear down is complete.

For more information email katrina.holmes@mcguire.af.mil.

### National Guard to host Unity Day celebration

The New Jersey National Guard will be hosting the 11th Annual Unity Day celebration Sept. 17 from 11:30 a.m. to 3:30 p.m. at the Joint Training & Training Development Center (JT2DC). A Fun Walk/Run will be held at 8:30 a.m. and a blood drive will be held from 10 a.m. to 3 p.m. Come celebrate ethnic and cultural diversity through music, food sampling, giveaways, a homemade dessert contest, scavenger hunt and line dancing. For information call Capt. Barbara Brown-Wilson at 562-0856.

### Home school groups starting soon

Home school group sessions begin Sept. 22. The group meets Tuesdays at the Fort Dix Youth Center from 10 a.m. to noon. Activities include: sports and fitness, arts and crafts and science and technology. Registration and activities are all free. Call 562-6271 for more information.

### Troops to Teachers seminar to be held

A Troops to Teachers Program seminar will be held Sept. 15 at 9:30 a.m. at the Child, Youth and School Services Bldg. 5203 Maryland Ave. For more details call 562-3898.

### Commissary to hold case lot sale

The Fort Dix/McGuire Commissary will hold a case lot sale Sept. 9 through Sept. 12 from 10 a.m. to 6 p.m. Commissary customers can save 30 percent or more on their purchases every day, but in September they can save even more by shopping at a worldwide case lot sale.

As seen in the past, the Defense Commissary Agency's worldwide case lot sale promises record numbers of customers taking advantage of savings of up to 50 percent or more on bulk-sized products. These items range from canned goods, beverages, toilet paper, paper towels, produce, fresh meat, seafood, pet supplies, cleaning and laundry products, and more.

Some 50 to 60 percent of the items are sold in "club pack" product assortments similar to the oversized or multiple products sold at commercial warehouse club outlets.

Call 754-2153, extension 3100 for more information.

### Issues sought for Family Action Plan Conference

Speak Out and Be Heard at the Military Family Action Plan Conference, (formerly referred to as the Army Family Action Plan Conference) 29 Oct. from 8 a.m. to 4:20 p.m. at Timmermann Conference Center. This is an opportunity to let leadership know what works, what doesn't - and what can be done to fix it. Breakfast and lunch provided. For more information call 562-2767.

## Program helps teens acclimate



Lisa Evans

**READY TO GO -- Sandra Paz, newly in from Hawaii, leads the pack of teens ready to burn rubber at the John Mann Park go-kart track Aug. 26. The students were attending the Fort Dix Teen School Orientation. This program helps young people who have recently arrived to the area make new friends and tour the schools before the school year begins.**

## Tour shows newcomers around post

Lisa Evans  
Public Affairs Staff

"Welcome to Fort Dix" isn't a meaningless phrase. Amada Espinoza, Relocation Outreach Program manager for Family Morale, Welfare and Recreation (FMWR) with Army Community Service (ACS) ensures families on Permanent Change of Station orders (PCS) have a complete understanding of Fort Dix.

Espinoza has focused her energies on providing as much information as possible in a one-day, action-and information-packed forum.

"Empower yourselves with information and make this transition a successful one," Espinoza tells newcomers. "Come to the ACS Newcomers' Orientation to become familiar with Fort Dix and surrounding communities and be better educated about services and entitlements so you and your family members can take advantage of them in the future."

During the all-day newcomers' orientation, Espinoza invites McGuire Air Force Base and Fort Dix personnel to

conduct short presentations for housing and medical services, education and child and youth services, substance abuse services, the post chapel, legal offices, the Warfighter and Family Assistance Center, and emergency services.

After lunch at Club Dix, paid for by ACS, newcomers are treated to a tour of Fort Dix including the ranges and training facilities. Newcomers stop at Range Control where range operations and landscape are explained. The next stop is typically the Contingency Operations Location (COL) where a range safety officer explains how Soldiers live while preparing to deploy.

After the COL, participants are driven through the ranges with a stop on Range 59 where the view looks out over several miles including the cantonment area.

During the tour on Aug. 20, Newcomers watched Soldiers firing heavy weapons at targets in the impact area. A special event allowed this group of newcomers to watch closed-circuit television footage of Soldiers training for indoor search-and-seize operations in a complete mock city.

Lisa Evans  
Public Affairs Staff

Leaving friends and teachers behind isn't fun; especially if you move every two years and it is a way of life.

"Making new friends is not always fun or easy even for those teens popular in their old school," Amada Espinoza, relocation outreach program manager for Family Morale, Welfare and Recreation (FMWR) said. "Leaving friends behind is an uncomfortable experience that may seem awful and unfair. It takes time to feel comfortable in a new community."

Because moving is a way of life for military families, the Army FMWR has created programs designed to help school-age children adjust to their new location. On Fort Dix, Espinoza coordinates an orientation designed to help students have fun while meeting other students.

"The Fort Dix Teen Orientation is the right place to start over again," Espinoza explained. "This is an opportunity for pre-teens and teens transferring to a new environment to feel more comfortable. Pre-teens and teens who arrived during summer will have a chance to become acquainted with their new schools and make friends before schools starts."

Espinoza and most of the employees at Army Community Services (ACS) take an entire day to introduce students attending Helen A. Fort Middle School and Pemberton Township High School to each other and the schools.

The day starts with students, as they register for the day, receiving backpacks or book bags, pencils, stickers, notebooks, and a t-shirt they wear for the day. The students then settled in to listen to an overview of services offered on Fort Dix. Representatives from the chapel, financial management, drug awareness, Youth Sports and Recre-

ation, and even a command sergeant major gave the students useful information to which the students actually listened and asked questions.

Especially popular were goggles supplied by substance abuse specialists. The lenses on these special goggles are designed to make the wearer experience how someone with a blood alcohol level between .07 and 1.0 sees the world and physically responds to what is perceived. Students continued trying the goggles between organized games that were next on the agenda.

"The orientation includes games and activities to promote teamwork, encourage peer interaction, increase leadership skills, and develop new friendships," Espinoza said.

Learning to trust each other was a central focus. One exercise showed students how to hold their arms in such a way that a student falling from a slight height was able to fall over backward and be safely caught.

Another exercise involved blindfolding one person and have another voice-direct him not only around obstacles, but to perform a forward flip and to jump into and out of a hula hoop on the floor. Working in tandem to pick up their feet and move long boards forward, the students generally did more falling and laughing than moving forward.

After lunch the students traveled to the schools to orient themselves with locations and classrooms. Following the tour, students returned to John Mann Park to hit balls and ride go-carts, supposedly not playing bumper cars with them, but there were a few bumps and bangs.

After a pizza party, the students called it a day, only a couple of hours later than Espinoza planned. But, after all, making friends and having fun was the goal of the day, so a couple extra hours was all right with the staff at ACS.



Lisa Evans

**FINDING THE WAY -- Sgt. Rafael Acevedo and Sandra Paz study the range control topographical wall map Aug. 20 during the ACS Newcomers Orientation trip to Range Control.**

## Talented singers sought

Jennifer McCarthy  
Public Affairs Staff

Operation Rising Star 2009 is underway across 35 installations, camps and forward operating bases across the globe to search for the Army's next great talent. Modeled after the popular television show American Idol, Operation Rising Star comes to Club Dix Sept. 11.

Everyone is invited to come out and vote for their favorite performers. Winners of the first round will advance to the second competition to be held Sept. 18. The final round will be held Sept. 25. The first-place winner will receive \$500 and the opportunity to vie for the competition's top prize, an all-expense-paid trip for two to Los Angeles, Calif. To record a three-song demo CD. The contest is open to all active duty, Reserve, and National Guard Soldiers for all branches of service and their family members 18 years and older.

Visit [www.dixmwr.com](http://www.dixmwr.com) for rule and more information.

## Take time to say 'hello neighbor'

Chap. (Capt.) John Boyer  
87 Air Base Wing Chapel

Let's face it, these days we are so busy with our lives that we barely have time to get to know our neighbors. I will admit to you, that I am guilty of living next door to a neighbor for more than six months without knowing their name. I didn't mean for that to happen. When we first moved in to our house, I can remember thinking, "Oh, we'll have to go over and meet our new neighbor." Yet, the busyness of everyday life takes hold and a couple of days turn into a couple of months.

Author Robert Putnam in a groundbreaking book entitled, "Bowling Alone," addresses what many have called the "Collapse of American Community." He argues in his book that based on sociological data, Americans have become increasingly disconnected from family, friends and neighbors.

As a nation, we belong to fewer and fewer organizations that meet, know our neighbors less, meet less frequently with friends, and even socialize with our families less often. We're even bowling alone. Putnam sites that more

Americans are bowling than ever before, but they are not bowling in leagues or clubs, they are bowling all by themselves.

If you think about it, many of us are guilty of spending way more time with our cell phone, computer or video game system than we are getting to know the people who live right next door to us. Sadly, somehow these electronic devices have become a substitute for face-to-face conversation, community building and relationships. As a way of helping to build stronger bonds within our base community, the McGuire Air Force Base Chapel has sponsored several neighborhood community parties.

These parties are the perfect opportunity for neighbors to get out and meet each other, build community relationships, and develop connections they might not otherwise have had the chance to grow. The idea is amazingly simple; basically the chapel shows up with free barbecue food, a bouncy house for the kids, and a laid back family-friendly atmosphere so people can get to know each other. At the most recent neighborhood party (Grove Park/Holy Crest), nearly everyone showed up to meet each other and hang

out together.

"This is incredible!" one resident commented. "I just met another stay-at-home mom, and we are getting together for coffee this week!"

As a chaplain, it was a real blessing to see these friendships being built before my very eyes.

At the party, I saw several men gathered around the grill meeting each other talking about the upcoming NFL season, young couples with children hanging out together by the playground, and little kids running around making friends with other neighborhood kids.

Several days after the party, while walking down the sidewalk to go get my mail (mostly bills), it was great to be able to say "hello" to neighbors I had just met and actually call them by their first name. So when a chapel party comes your way, get out and meet the neighbors and have some free food - at least you'll never have to go bowling alone.

For more information, including a schedule of upcoming chapel sponsored neighborhood parties, or any of our many programs for all ages, call the McGuire AFB Chapel at 754-HOPE (4673).

# Soldiers get to heart of CPR training



Sgt. Nicole Dykstra, 72nd FA Bde.

**HAVE A HEART** — Cpl. James Higdon and Sgt. Samuel Anthony, 72nd Field Artillery Brigade, put their CPR skills to the test on the METI mannequin at the Medical Simulation Training Center, Sept. 1. Their instructor, Leo Mijares, looks on to ensure they are demonstrating proper technique.

## Family has history of convoy operations at Dix

**Staff Sgt. Stephen Rodgers**  
1st TSB, 309th Regiment

Staff Sgt. Harry R. Peles shares more than just his name with his father and grandfather. Peles, a convoy operations Observer/Controller Trainer in the 1st Training Support Battalion, 309th Regiment, is the third in a proud line of Soldiers whose military careers brought them through Fort Dix, N.J.

Peles's grandfather, Harry R. Peles Sr., joined the Army in 1917 when he was 21. He served in the 28th Division, a Pennsylvania Army National Guard unit that participated in several major campaigns in the Western Front during World War One, including Meuse-Argonne, Champagne-Marne, and Oise-Aisne.

While fighting in the Battle of Belleau Wood, near the Marne River in France in June of 1918, Peles Sr. was wounded during a mustard gas attack and was captured. He was stabbed with a bayonet while a prisoner in Germany, for which he was later awarded a Purple Heart upon returning to the United States. Peles Jr. was born cross-eyed and was considered unfit for Army service during World War Two when he became eligible for the draft in 1944. Three years later, at 21, he went to Wills Eye Hospital in Center City, Philadelphia for surgery to correct his crossed eye.

After earning a dual Bachelor's degree in Botany and Zoology in 1948 from Waynesburg College in Waynesburg, Pa., Peles Jr. started a graduate

degree program in Chemistry at the esteemed Carnegie Mellon University in Pittsburgh, Pa. He never completed the program, however, because in 1950 he was reevaluated by the Army, reclassified as fit for Army service, and was drafted.

Peles Jr. was given the option of serving as an Army officer in the Chemical Corps for six years of active service, or serving as enlisted Soldier for two years of active service and four years of reserve service. He chose to serve in an enlisted capacity as a light-wheeled vehicle driver, and served as a light-wheeled vehicle driving instructor while on active duty at Fort Dix. He was assigned to B Battery, 60th Field Artillery Battalion, a subordinate unit of the 9th Infantry Division. The 9th ID was activated as a

**Capt. Antonia Greene**  
72nd FA Bde.

American Heart Association approved Cardiopulmonary Resuscitation (CPR) certification is offered to military members free of charge at Joint Base (JB) McGuire-Dix-Lakehurst. On Sept. 1, Soldiers of the 72nd Field Artillery Brigade, First Army Division East training support, honed their skills in Basic Life Support (BLS) at Bldg. 3211, the Joint Base Medical Simulation Training Center (MSTC).

Although the certification course is healthcare provider level, all Soldiers, regardless of their military occupational specialties, were easily able to grasp the varied concepts of maintaining life until professionals arrive.

"It gave me a feel for what to do in an emergency and a sense of confidence that I could potentially save someone's life," explained Staff Sgt. Ana Ferreira, Headquarters, Headquar-

ters Battery, 72nd Field Artillery Brigade.

The 4-hour class was coordinated by Master Sgt. Douglas Levy, MSTC non-commissioned officer-in-charge and led by Leo Mijares, Air Force contractor and pre-deployment trainer.

Students practiced on mannequins in conjunction with video instruction and trainer supervision for a hands-on experience. Mijares guided the Soldiers through the steps of recognizing and reacting to a cardiac arrest emergency. Along with assessing the situation and alerting 911, students train for quick reaction, including proper head placement and airway opening, correct mouth-to-pocket mask resuscitation, hand and chest alignment, compression posture and most important — timing.

"The key is reacting immediately and initiating appropriate CPR," stressed Mijares. "The fact is the chance of your assistance being effective diminishes rapidly over time."

Soldiers took both a practical

exercise (PE) test and written exam for certification. The PE was conducted in a controlled environment, a validation room with a Medical Education Technologies, Inc. (METI) manikin, a human-like patient simulator that breathes, blinks, pulses and takes intravenous infusions (IVs). During the PE, Soldiers integrate traditional CPR with the Automated External Defibrillator (AED), another tool to assist in saving lives. AEDs are found in many high-traffic areas like supermarkets, shopping malls and airports.

The system is easy to operate, providing voice commands to guide responders and deliver patient shock if necessary.

"Being the heart, circulating the oxygen you just provided till the ambulance arrives — that's what we do, save lives," Mijares assured.

The next CPR certification class is scheduled for Sept. 9. For registration or more information on available certifications, please contact the MSTC at 562-2444.

## Air Force Academy offers opportunities

**Tammie Adams**  
Air Force Academy Admissions

Similar to West Point and Annapolis, the Air Force Academy is the Air Force's own four-year military academy that educates and trains young men and women in academics, leadership, military training, character and athletics. Academy graduates receive a Bachelor of Science degree and commission as a second lieutenant in the Air Force.

In 1995, then-Air Force Chief of Staff Gen. Ronald Fogleman initiated Leaders Encouraging Airmen Development, or LEAD, which is an ongoing effort for unit and wing commanders to nominate their best and brightest enlisted Airmen to compete for admission to the Air Force Academy in Colorado Springs, Colo. Each year, the Air Force Academy accepts up to 85 Air Force active-duty Airmen and 85 Air Force Reserve and Air National Guard Airmen.

"Generally speaking, Airmen offer an experienced perspective to the cadet corps," said Lt. Col. Jeffrey Lum, Academy Admissions Diversity Recruiting Division Chief. "Their leadership, core values and work ethic are invaluable to the Air Force Academy, and that is why we seek them out for appointments."

As current members of the Air Force team, Airmen have already gained valuable experience and built a firm knowledge base about Air Force life, etiquette, doctrine and procedures. Some Airmen have already decided they would like to make a career out of the Air Force. Regardless, attendance at the Air Force Academy is an option worth learning more about.

"As an enlisted member, you have gained valuable knowledge, experience and discipline," said Col. Chevalier Cleaves, Academy Director of Admissions. "At the Air Force Academy, prior enlisted cadets are an important asset to the growth and development of their fellow classmates. We're seeking motivated Airmen who excel at their duties, who desire a challenge and who desire to lead. If you would like to advance your career as an officer, earn a prestigious education, and experience amazing and unique opportunities, the Academy is definitely an option worth considering."

my is definitely an option worth considering."

Enlisted Air Force members also have the option of attending the Air Force Academy Preparatory School, located about five miles from the Academy campus. Each year, 50 slots are reserved for Airmen at the Prep School. The duration of the Prep School is 10 months, and it provides extensive instruction in English, science, math, as well as military training and athletic development.

Air Force Academy Cadet of Staff Gen. Ronald Fogleman was enlisted for three years as a bioenvironmental engineering technician at Moody Air Force Base, Ga., before entering the Prep School. Now beginning his third year at the Academy and a political science major, he said, "It was mentally tough for me when I first got to the Academy because I was 23 years old and getting yelled at by younger people who had never been a part of the Air Force. But after a few days I understood my role and was able to look at the situation in a different perspective. Everyone comes here from different backgrounds, and just because I was prior enlisted, this was still my first time as a cadet. I wasn't any different from anyone else. We were all just starting together."

The benefits of attending the Academy are endless, but here are some of the more obvious ones. While at the Academy, cadets attend classes as full-time students and earn a monthly salary; gain valuable leadership experience to help prepare them to become Air Force officers; and are required to stay healthy and active. Cadets also receive free room, board, meals and medical and dental care. After graduating from the Academy, there are no student loans, and graduates are guaranteed a profession as an officer in the Air Force.

The Air Force Academy is credited as having one of the most prestigious academic programs available. Not only do cadets have 32 academic majors from which to choose, but the classes take place in settings with state-of-the-art technology and lab equipment.

The Academy education is tailored to develop future Air

Force officers with innovative, analytical and resourceful minds. Each cadet completes a core curriculum in a variety of subjects to include sciences, engineering, humanities, social sciences, military studies and physical education.

The Academy's cadet wing is structured similarly to an operational Air Force wing which provides a prime leadership setting. The cadet wing comprises four groups, each containing 10 squadrons. Each squadron consists of about 100 cadets, and squadron members are from all four class years.

Every semester, cadets hold a different leadership position similar to Air Force leadership positions like element leader, flight commander, squadron commander, first sergeant, etc. Each Academy class has a different level of responsibility that is tailored to slowly build one's leadership skills.

The cadet wing is run solely by cadets with each squadron supervised by an Air Officer Commanding (AOC) and one to two Academy Military Training (AMT) noncommissioned officers. The AOCs are usually active-duty Air Force majors, and they counsel, train and educate cadets on leadership and military career issues; oversee military training; and serve as role models for the future officers. The AMTs are normally active-duty Air Force senior non-commissioned officers who provide feedback, mentorship and coach cadets on situational circumstances.

Besides earning a Bachelor of Science degree, a commission as a second lieutenant in the Air Force and developing a foundation for a lifetime of fitness, the Academy provides so many unique opportunities. Here are just some of the programs and activities in which cadets participate: the parachuting program, soaring flight program, powered flight program, combat survival training, overseas study, summer research programs, more than 70 cadet clubs and numerous travel opportunities.

To compete for an appointment to the Academy, applicants must:

- Be at least 17 but not older than 23 on July 1 of the year entering the Academy
- Be at least 17 but not older than 22 on July 1 of the year entering the Prep School
- Be an unmarried citizen of the United States with no dependents
- Be of good moral character
- Have a well-rounded background

Applicants must also:

- Take the SAT and/or ACT and achieve qualifying scores (tests can be taken more than once)
- Pass the Candidate Fitness Assessment
- Pass a medical exam administered by the Department of Defense Medical Examination Review Board

For a complete list of eligibility requirements, application evaluation factors and application procedures, visit [academyadmissions.com](http://academyadmissions.com).



Staff Sgt. Stephen Rodgers, 1st TSB, 309th Regiment

**FAMILY AFFAIR** — Staff Sgt. Harry Peles, a convoy operations Observer/Controller Trainer in the 1st Training Support Battalion, 309th Regiment, 72nd Field Artillery Brigade, proudly displays a family tradition of military service. His grandfather, left, served in World War One, while Peles's father, right, trained Soldiers in convoy operations at Fort Dix in the 1950s.



## Chapel Contract Announcements

### **Catholic Sacristan**

Basic knowledge of Catholic services and proper lien usage and/or as specified in the Statement of Work. An interview is required.

Pick up application package at Chapel 1 from the CTOF Contract Officer, Tech. Sgt. Seunath at Chapel 1, McGuire AFB 754-4673

Close out date for this position Sept. 10, 2009. Submissions are due by 4:30 p.m. Contract will be awarded based on "Best Value" to the McGuire CTOF. Specific details on the selection process are in the Basis of Award document. This Contract starts Oct. 1, 2009.

### **Catholic Music Director**

Individual must be knowledgeable in reading and understanding music in the Catholic tradition, and/or as specified in the Statement of Work. An interview is required.

Pick up application package at Chapel 1 from the CTOF Contract Officer, Tech. Sgt. Seunath at Chapel 1, McGuire AFB 754-4673

Close out date for this position Sept. 10, 2009. Submissions are due by 4:30 p.m. Contract will be awarded based on "Best Value" to the McGuire CTOF. Specific details on the selection process are in the Basis of Award document. This Contract starts Oct. 1, 2009.

### **Protestant Youth Ministry Coordinator**

College Degree in Early Childhood Education and/or experience as specified in the Statement of Work. An interview is required.

Pick up application package at Chapel 1 from the CTOF Contract Officer, Tech. Sgt. Seunath at Chapel 1, McGuire AFB 754-4673

Close out date for this position Sept. 10, 2009. Submissions are due by 4:30 p.m. Contract will be awarded based on "Best Value" to the McGuire CTOF. Specific details on the selection process are in the Basis of Award document. This Contract starts Oct. 1, 2009.

### **Chapel Tithes and Offerings Account Manager**

College Degree in Accounting and experience as specified in the Statement of Work.

Pick up application package at Chapel 1 from the CTOF Contract Officer, Tech. Sgt. Seunath at Chapel 1, McGuire AFB 754-4673

Close out date for this position Sept. 10, 2009. Submissions are due by 4:30 p.m. Contract will be awarded based on "Best Value" to the McGuire CTOF. Specific details on the selection process are in the Basis of Award document. This Contract starts Oct. 1, 2009.

## **FORT DIX WANTS YOU**



## **MAKE A DIFFERENCE**

*Fort Dix is looking for interested residents who would like to volunteer*

*"Fort Dix volunteers improve the quality of life for all residents"*

For those residents who want to make sure the Fort Dix community is the best it can be please

Call Army Community Service at 562-2767

[WWW.DIX.ARMY.MIL](http://WWW.DIX.ARMY.MIL)  
[WWW.MCGUIRE.AF.MIL](http://WWW.MCGUIRE.AF.MIL)

## **Soldiers Honoring the Colors**

### **Reveille** 6 a.m. (0600 hours)

#### **Military personnel in uniform**

*Stand at attention,  
face the flag and  
salute at first note.*

#### **Military personnel not in uniform, civilians**

*Stand at attention,  
face the flag and  
place right hand over  
heart at first note.*

#### **Military personnel in formation or in a group**

*Senior Soldier calls  
group to "Attention,"  
then "Present, Arms"  
at first note. Calls  
"Order, Arms" at  
conclusion.*

#### **Individual military personnel, civilians in a vehicle**

*Stop vehicle and exit.  
Follow steps above.*

#### **Group of military personnel in a vehicle**

*Stop vehicle. Individual  
in charge exits and follows  
steps above.*

### **Retreat** 5 p.m. (1700 hours)

*Stand at attention,  
face the flag for  
Retreat, then  
salute at first note  
of To the Colors.*

*Stand at attention,  
face the flag for  
Retreat, then place  
right hand over heart  
at first note of  
To the Colors.*

*Senior Soldier calls  
group to "Attention,"  
then "Parade, Rest"  
at first note of  
Retreat. Calls  
group to "Attention"  
and "Present, Arms"  
at first note of To the  
Colors, then "Order,  
Arms" at conclusion.*

*Stop vehicle and exit.  
Follow steps above.*

*Stop vehicle. Individual  
in charge exits and  
follows steps above.*

### **Other bugle calls heard on post are:**

Tattoo.....9 p.m. (2100 hours)  
Call to Quarters.....9:30 p.m. (2130 hours)  
Taps.....10 p.m. (2200 hours)



# Honors and Awards



Ryan Morton

Sgt. Melissa Wong, Warrior Leadership Course Distinguished Honor Graduate, recites the creed of the Non-Commissioned Officer with her fellow graduates at the Non-Commissioned Officer Academy, Aug. 21.



Ryan Morton

Sgt. 1st Class Chad Jackson, Non-Commissioned Officer (NCO) Academy instructor, recites the oath of enlistment at the NCO Academy, Aug. 21.



Ryan Morton

Former Warrior Transition Unit (WTU) 1st Sgt. Donna Turturici receives the Meritorious Service Medal from Col. John Ekstrand, Walson Army Medical Support Element (WMSE) commander, for her service to the WTU from Jan. 29, 2008 to May 2, 2009, Aug. 28.



Ryan Morton

Second Lt. Juan Martinez and Sgt. 1st Class Jasmin Woods, 328th Human Resource Company commander and acting first sergeant, display their Yellow Banner at Infantry Park, Aug. 19. The unit is from San Antonio, Texas. The Lone Star Soldiers will be tasked with processing all military and civilian personnel transitioning in and out of the Middle East theater of operations.



Ryan Morton

Spc. Jared Karrer, Warrior Leadership Course graduate, reads his winning essay on "What it Means to be an NCO" to his fellow graduates at the Fort Dix Non-Commissioned Officer Academy, Aug. 21.



Ryan Morton

Col. John Ekstrand, Walson Army Medical Support Element (WMSE) commander, stands beside fellow WMSE Soldiers, Col. Martha Clinton and Capt. Sharon Henry, who each received the Army Commendation Medal for their service to the WMSE Sept. 26, 2008 to Sept. 25, 2009, Aug. 28.



Ryan Morton

Col. Andrew Schafer and Sgt. Maj. Robert Lighty, 56th Stryker Brigade deputy commander and 1-108th Field Artillery sergeant major, display their unit's Welcome Home plaque at Fort Dix's Chapel Five, Aug. 18. The 56th Stryker Brigade, from Philadelphia, Pa., completed an Operation Iraqi Freedom mission.



Ryan Morton

Col. John Ekstrand, Walson Army Medical Support Element (WMSE) commander, shakes the hand of Maj. Richard Tea, WMSE, after presenting him with the Army Achievement Medal for his work at the WMSE from Oct. 1, 2008 to Sept. 30, 2009, Aug. 28.



Ryan Morton

Capt. Jim Jones and 1st Sgt. Michael Domnarski, 747th Military Police Company, display their Yellow Banner at Infantry Park, Aug. 19. The unit is part of the Massachusetts National Guard from Ware, Mass. The Soldiers will provide training to Iraqi police forces to help them provide better safety and security for their communities and country.



Lisa Evans

Maj. Richard Brown and 1st Sgt. Michael Bolton, both from Alpha Co., 403rd Civil Affairs Battalion from Mattydale, N.Y., just returned from deployment in Iraq, hold their Yellow Ribbon, given to the battalion before they deployed, and the Welcome Home plaque presented in a ceremony at Bravo Company Chapel Sept. 1.



Ryan Morton

Col. John Ekstrand, Walson Army Medical Support Element (WMSE) commander, shakes the hand of newly promoted Sgt. Vernet Davis, WMSE, at her promotion ceremony outside of the Joint Readiness Center (JRC), Aug. 28.



Lisa Evans

First Sgt. Gregg Pinney and Maj. Dennis Greco, both from A Co., 403rd Civil Affairs Battalion from Mattydale, N.Y., just returned from deployment in Iraq, hold their Yellow Ribbon, raised for the battalion before they deployed, and the Welcome Home plaque presented in a ceremony held at Bravo Company Chapel Sept. 1.



# Civil Air Patrol cadets graduate Encampment

9/1/2009 - CAP NJ WING HQ, JOINT BASE MCGUIRE-DIX-LAKEHURST, N.J. -- You probably saw some younger versions of yourself around base during the week of Aug. 18 -- marching, waiting in mess hall lines at Fort Dix and driving around in white vans. They were genuine woodland camouflage BDUs and polished black boots which passed rigorous inspections.

More than 130 of those younger versions are Civil Air Patrol cadets; the group was on base for the week-long CAP NJ Wing Basic Encampment.

If you're not familiar with the Civil Air Patrol, it's the official civilian volunteer auxiliary of the U.S. Air Force, established in December 1941, just days before Pearl Harbor was bombed. Adult CAP members perform 95 percent of inland search and rescue, via the world's largest fleet of general aviation aircraft, including the most widely-used Cessna aircraft.

The CAP program, for youths ages 12 to 18, is also one of the world's largest youth programs. The cadets were on Joint Base McGuire-Dix-Lakehurst through Aug. 22, learning military drill and courtesies, tackling the leadership reaction course at Fort Dix and working on their physical fitness. The cadets also viewed the Atlantic City "Wings Over the Boardwalk" air show Aug. 19.

During the encampment week, most of them had a chance to sit at the controls of a Cessna 172 or 182 aircraft along with certified flight instructors at an area airport. Cadet orientation flights are much like the driver-education programs many of us had in high school -- not designed to teach them to fly, but to give them a feel for flying. CAP cadets get several opportunities at the controls each year. As any cadet will tell you, it only took one afternoon at the controls and

they were hooked. They'll do just about anything for CAP as long as they periodically get up in a plane.

Cadets also saw plenty of action at JB MDL, with tours of numerous facilities and aircraft. But it's not boot camp or basic military training. Still, says encampment commander, Lt. Col. Robert Jennings, "Encampment is hard work; an accomplishment for the cadets. It's not easy, but in the end, the kids know they accomplished something real. They make many friends they'll have for years in CAP."

Also back for its second year is cadet NCO academy. This leadership school gives cadet NCOs the tools they need to better themselves as cadets and leaders. A total of 21 cadets are attending the school this year.

CAP Basic Encampment, which takes place in many states each summer, is the cornerstone of the organization's cadet program. For the 23,000 CAP cadets in the U.S., it's the first hurdle they must get over before taking part in bigger programs, like the coveted CAP National Cadet Summer Activities and International Air Cadet Exchange. It's also part of the cadet program's 16 steps through the Airman, NCO and officer ranks.

At Fort Dix, a total of 215 CAP cadets and their adult officers stayed at the U.S. Air Force Expeditionary Center. This is the largest encampment in the history of New Jersey Wing. A graduation program for the cadets and their parents was held Aug. 22 at Fort Dix.

The Civil Air Patrol has its N.J. Wing Headquarters in Building 3412 on Neely Road at McGuire AFB. Visitors are always welcome. You can learn more about NJ Wing at [www.njw.cap.gov](http://www.njw.cap.gov) or by visiting the national organization's Web site at [www.govcivilairpatrol.com](http://www.govcivilairpatrol.com).

## Stryker troops

(continued from page 1)  
city firefighter, said, "It feels good to be with family. I missed my son and wife and 10-month-old daughter."

Even his 87-year-old grandmother made the three-hour trip in the rain from the Harrisburg, Pa., area to the post Aug. 29. "I am very glad that he returned safely," said Blanca Rodriguez de Torres.

So far, Soldiers who have arrived at Fort Dix and returned home are from the 2nd Battalion -112th Infantry. Various companies of the 2nd Battalion -104th Cavalry, 108th and 109th Field Artillery are being processed for return to their respective home stations.

During the brigade's deployment, personnel operated in more than 800 square miles that

were home to 900,000 Iraqis. They performed more than 800 combined operations with Iraqi Security Forces to include six air assault operations.

Ten Soldiers of the brigade have been decorated for valor for their actions during enemy contact, and the troops captured seven brigade-level, high-value targets, 80 additional targets, and more than 80 enemy caches, causing severe shortages for the enemy and disrupting their operations. The brigade closed out more than \$22 million in essential services projects in an area north of Baghdad.

The brigade had two Soldiers Killed in Action during its time in Iraq. Staff Sgt. Mark Baum, 32, of Telford, Pa., died Feb. 21 in a direct-fire engagement with the enemy. Spc. Chad Edmondson, 20, of Williamsburg, Pa., died May 27 in an Improvised Explosive Device blast.

-- Fort Dix Public Affairs Staff

Read  
The Post!



Tech. Sgt. Mark Olsen, DMAVA Public Affairs

A STAR IS BORN -- James J. Grant, chief of the Joint Staff for the New Jersey National Guard, center, receives promotion to brigadier general during a ceremony at Lawrenceville Armory. Pinning on Grant's new rank are Maj. Gen. Glenn K. Rieth, the Adjutant General of New Jersey, left, and spouse Betteanne Grant, right.

## Jersey Guard Soldier earns star

Sgt. Wayne Woolley  
DMAVA Public Affairs

James J. Grant, chief of the Joint Staff, was promoted to brigadier general last week in front of an overflow crowd at the Lawrenceville Armory. It was full of people who had been there for most of the milestones in Grant's life.

In addition to his wife, Betteanne Grant, his daughter, Kelly Grant, and his mother and stepfather, Martin and Theresa Cramer, three of his high school friends were in attendance, including his best friend, Kevin Mineiri.

At 2 a.m. on Aug. 27, 1973, Grant and Mineiri stepped off a bus at Parris Island, S.C. to begin Marine Corps basic training. "Kevin and I remained buddies," Grant said in his remarks after his promotion.

Others in attendance included Grant's former colleagues from the New Jersey State Police, Joe Klecko, the Hall of Fame defensive end from the New York Jets, and 1st Lt. Wil Crombie, an honored Iraq War veteran with whom Grant began a correspondence.

Of course, the largest contingent at Grant's promotion ceremony came from the organizations Grant now helps to lead, the New Jersey National Guard and the Depart-

ment of Military and Veterans Affairs.

Maj. Gen. Glenn K. Rieth, the Adjutant General of New Jersey, called Grant "a leader with strategic vision" who played a key role in some of the most critical events in the National Guard, including the largest deployment of N.J. National Guard Soldiers since World War II.

Grant also spent time as commander of the New Jersey National Guard's Joint Training and Training Development Center (JT2DC), a high-tech training facility located on Fort Dix.

"We are blessed to have Jim on our team," Rieth said.

## Water flushing to begin next month

In accordance with PWS Paragraph C.5.8.3.2.1.1, IAP Worldwide Services will be flushing the Fort Dix Water Distribution System. Our flushing plan starts at the fire hydrant nearest to the water treatment plant effluent and moves sequentially to the hydrants furthest from the source of water.

System loops shall progress in a similar manner starting with the loop closest to the source of

water. Loops can only be flushed after the water main that transports water to the loop is properly flushed. Once flushing has started on a loop, work shall continue until the flushing of the loop is complete as with all water mains. Flushing the loops in the water distribution system can only be properly completed as previously mentioned.

Flushing shall be performed by opening the hydrant valve and

allowing the water to flow until clarity is reached (minimum ten minutes). Water shall be considered clear when the turbidity of the water tests reaches acceptable level.

A visual inspection is required and will be made to determine when proper clarity of the water is achieved. The Water Treatment Plant personnel shall run random test to verify water quality and to confirm standards are being met.

The scheduled flushing locations, days and times are as follows:

● Oct. 6 at 10 p.m. to Oct. 8 at 6 a.m. in areas 5900, 5800 (with the exception of both prison grounds), 5700, 5300, 5200,

5100, 6000, and Grover Park Area 0100.

● Oct. 8 at 10 p.m. to Oct. 10 at 6 a.m. in areas 8400, 8300, 8100, 5000, 5300, 5400, and 3100.

● Oct. 10 at 10 p.m. to Oct. 12 at 6 a.m. in areas 3200, 1500, 1600, 1400, 1200, 1100 and 900.

● Oct. 12 at 10 p.m. to Oct. 14 at 6 a.m. in areas 4000, 6600, 6500, 6400 5400, 5300, and 4100.

● Oct. 14 at 10 p.m. to Oct. 16 at 6 a.m. in areas 5500, 6700, 6900, "Trouble Areas if necessary"

● Oct. 16 at 10 p.m. to Oct. 18 at 6 a.m. in "Trouble Areas if necessary"

## New vice chief of staff takes office

9/1/2009 - WASHINGTON (AFNS) -- Gen. Carrol H. "Howie" Chandler is the new vice chief of staff of the Air Force, succeeding Gen. William M. Fraser III who held the position since October 2008.

General Chandler comes to the Pentagon after two years of service as commander of Pacific Air Forces; Air Component Commander for U.S. Pacific Command; and Executive Director, Pacific Air Combat Operations Staff, Hickam Air Force Base, Hawaii.

The vice chief of staff assists the chief of staff with organizing, training, and equipping of 680,000 active-duty, Guard, Reserve and civilian forces serving in the United States and overseas.

General Chandler also presides over the Air Staff and serves as a member of the Joint Chiefs of Staff Requirements Oversight Council and Deputy

Advisory Working Group.

General Chandler is a 1974 graduate of the U.S. Air Force Academy and has commanded a major command, numbered air force, two fighter wings, a support group and a fighter squadron.

His staff assignments include tours at Headquarters Pacific Air Forces, the Pentagon, Headquarters U.S. Pacific Command, Headquarters U.S. Military Training Mission in Saudi Arabia and Headquarters Allied Air Forces Southern Europe.

The general is a command pilot with more than 3,900 flying hours, principally in fighter aircraft.

He has received numerous awards for his military service including the Defense Distinguished Service Medal, the Distinguished Service Medal, Defense Superior Service Medal with oak leaf cluster and the Legion of Merit.

## Base preference

(continued from page 1)

After Airmen make their requests through vMPE, AFPC will process their applications and notify members when a decision is made regarding approving or disapproving their requests. Airmen should allow up to six weeks for AFPC to process their requests.

There are several factors that determine an Airman's eligibility, which are outlined in Air Force Instructions 36-2110 and 36-2626. Some of these eligibility requirements include:

1. A member must have or obtain 24 months retainability within 30 days of receiving the BOP approval notification.

2. Consecutive BOPs in any combination are not authorized. For example, a first-term Airman who receives an in-place BOP cannot then receive a career Airman PCS BOP. They must have an intervening PCS.

3. A Continental United States member remains eligible, the member may immediately resubmit an application for different location(s) or wait six months from the date of disapproval to submit an application for the same location(s).

4. There are no limits on the number of BOP applications a member can submit. However, if the request is disapproved and the member remains eligible, the member may immediately resubmit an application for different location(s) or wait six months from the date of disapproval to submit an application for the same location(s).

5. The Air Force Personnel Center Enlisted Assignments

Team is the approval/disapproval authority.

6. Once a member has volunteered for a BOP, they cannot volunteer for another voluntary assignment program (i.e. EQUAL Plus) until the current BOP application has been approved or disapproved by AFPC/DPA, or the member withdraws the BOP application.

Once submitted, Airmen should be aware that their BOP applications cannot be changed. If a member desires to change their BOP preference order or location, they must use the "withdraw/cancel voluntary assignment application" option in vMPE to request cancellation. Member may then submit a new BOP application with updated preferences.

The online BOP application process is just one of many AFPC programs that can be accessed electronically through the vMPE Web site. Airmen can also use vMPE to update their assignment preferences, correct military records, verify retirement eligibility, request retraining, and perform other personnel actions. AFPC is continuing to work to improve its processes to ensure more personnel programs are accessible online so Airmen can take care of their individual personnel actions from anywhere in the world 24 hours a day, seven days a week.

For more information on the BOP program or the new online application process, call the Total Force Service Center at (800) 525-0102.

# Community Events

## Chapel Services

**Fort Dix**  
562-2020

**Sunday Services**  
**Main Chapel**  
Traditional Protestant  
9 a.m. to 10 a.m.  
Catholic  
10:15 a.m. to 11:15 a.m.  
Gospel  
11:30 a.m. to 1 p.m.  
Sunday School  
10 a.m. to 11:15 a.m.

**Jewish Prayer Room**  
Room 27  
7:30 a.m. to 4:30 p.m.

**Chapel 5**  
Bldg. 5950 Church St.  
If Chapel is closed  
call 562-3311  
to schedule a time for prayer

**Protestant, Catholic,  
Latter Day Saints**  
Sunday  
7:30 a.m. to 8:30 a.m.

**Islamic Prayer Room**  
Monday through Friday  
7:30 a.m. to 4:30 p.m.

**COL - Chaplain's tent**  
7:30 a.m. to 8:30 a.m.

**McGuire Chapel**  
754-4673

**Chapel 1**  
Daily Catholic Mass  
Monday through Thursday  
11:35 a.m.

**Catholic Reconciliation**  
Saturdays 4 p.m.

**Catholic Mass**  
Saturdays 5 p.m.  
Sundays 9 a.m.

**Protestant Gospel Service**  
Sundays 11:15 a.m.

**Chapel 2**  
Protestant Contemporary  
Service  
Sundays 9:45 a.m.

**Religious Activities**  
**McGuire Chapels**  
Protestant Women  
of the Church  
Thursdays 9 a.m.  
(Wee Church Provided)

**Catholic Women of the Church**  
Fridays 9 a.m.

**Joint Base Protestant**  
**Chapel Night**  
AWANA Clubs  
Wednesdays 6 p.m.

**Fort Dix Chapels**  
**Protestant Men**  
of the Chapel  
**Prayer Breakfast**  
Fourth Saturday of each month  
9 a.m. to 11 a.m.

**Protestant Women**  
of the Chapel  
Tuesdays  
9:30 a.m. to 11:30 a.m.  
at the Fort Dix Main Chapel  
and the fourth Tuesday at  
Buttwood Hospital.

**Gospel Choir Concert**  
Saturday, Sept. 12  
4 p.m. to 6 p.m.  
Fort Dix Main Chapel  
Featuring Michelle Bobien and  
God's Gems; Mt. Olive House  
of Prayer Worship and Dance  
Teams; Fort Dix Gospel Choir.  
Refreshments in the fellowship  
hall following the concert.

**Welcome Tea Party**  
Women of the Chapel  
Sept. 15 - 6:30 p.m. to 8:30 p.m.  
Fort Dix Chapel main  
fellowship hall. All are  
welcome.

**Fort Dix Thrift Shop**  
5105 Pennsylvania Ave.  
723-2683

**Closed Labor Day Weekend**  
Summer clothes bargain:  
\$2.50 per grocery bag stuffed  
with summer clothing. Stuff  
your own bag with a large  
variety to choose from.

**McGuire OSC**  
**Thrift Shop**  
Building 3446  
(609) 353-1126

The McGuire OSC Thrift  
Shop is now open and ready for  
business. After being closed for  
the past month, the store is open  
and stocked with a wide variety  
of clothing, shoes, accessories,  
uniforms, books, toys, house-  
wares, sporting goods, baby  
gear, and more! The hours are:  
Wednesday through Friday,  
10 a.m. to 2 p.m.  
First Saturday of the month  
10 a.m. to 2 p.m.

## FMWR presents

**CLUB DIX**  
723-3272

**Club Dix Hours of Operation**

**Java Café**  
Monday through Friday  
7 a.m. to 1:30 p.m.

**Smokehouse Restaurant**  
Lunch Served  
Tuesday through Friday  
11 a.m. to 1:30 p.m.  
Saturday through Monday  
Closed

**Blue Room**  
Wednesday  
5 p.m. to 10 p.m.

**Thursday through Saturday**  
6 p.m. to 10 p.m.

**Sunday through Tuesday**  
Closed

**Computer Lab**  
Monday and Tuesday  
7 a.m. to 1:30 p.m.

**Wednesday through Friday**  
7 a.m. to 10 p.m.

**Saturday**  
Noon to 10 p.m.

**Sunday**  
10 a.m. to 6 p.m.

**Equipment**  
**Resource Center**

Hours of operation  
Monday through Thursday  
10 a.m. to 5 p.m.  
Friday, 10 a.m. to 7 p.m.  
Saturday, 9 a.m. to 4 p.m.  
Call 562-4767 for details

**John Mann**  
**Recreation Park**  
Hours of operation  
Wednesday through Thursday  
1 p.m. to 7 p.m.  
Friday through Sunday  
1 p.m. to 8 p.m.

**Paintball at Range 14**

Hours of operation  
Saturday and Sunday  
9 a.m. to noon and  
1 p.m. to 4 p.m.  
Call 562-4767 for details

## Joint Base

### Library events

**Tree House Club for Boys**  
meets the first and third Monday  
of each month from 4:30 to 5:30  
p.m. Readings will follow with  
discussions and projects correlat-  
ing with the "Tree House Club  
for Boys" reading series. This is  
open to boys' from 7-10 years of  
age.

**Serious about Series** meets  
the first and third Wednesday of  
each month at 3:30 p.m. Partici-  
pants will read different series of  
books followed by an activity  
that goes with the series. Open to  
girls' in first grade and up.

**Children's Story Time** is  
held every Thursday at 10 a.m.

**The Teen Reading Group**  
meets every Thursday from 6 to  
7:30 p.m.

**The Professional Military**  
**Book Discussion** will be held  
the first Thursday of every  
month from 6:30 to 7:30 p.m. We  
will have informative discussion  
of books from the Air Force  
Chief of Staff's collection, the  
305th Air Mobility Wing com-  
mander's reading list, leadership  
books and military biographies.  
Registration is necessary and  
refreshments will be served.

For more information or to  
sign up, call (609) 754-2079.

## Arts & Crafts Center

562-5691

Bldg. 6039  
Philadelphia Street

**Registration hours:**  
Tuesday - 9 a.m. to 4:45 p.m.  
Wednesday and Thursday  
Noon to 5 p.m. and  
6 p.m. to 8:45 p.m.

Friday - 11 a.m. to 4:45 p.m.  
Saturday - 9 a.m. to 4:45 p.m.

**Adult Pottery Class**

Beginning wheel throwing  
techniques and basic hand-build-  
ing skills such as pinching, coil-  
ing and slab construction are  
taught. Glazes and firing are pro-  
vided. Open to beginners  
through intermediate.

Pre-registration required.  
Sept. 9 to Oct. 14 (6 week  
course) held Wednesdays 6:30  
p.m. to 9 p.m. \$60 registration  
fee plus materials.

**Tween and Kids**  
**Pottery Classes**

Sept. 12 - 19, 26, and Oct. 3  
Ages 6-9 - 10:30 a.m. to noon  
Ages 10-13 - 1 p.m. to 2:30 p.m.  
Both classes cover hand-building  
as well as basic wheel throwing



Wayne Cook

## Red Cross delivers the goods

**Martina Encarnacion, assistant program monitor of School Age Services, far right, and children from the program, receive donated school supplies from the American Red Cross Fort Dix/McGuire Service Center staff, represented by Joan Brown, volunteer coordinator, third from far right, at the Service Center on Fort Dix Aug. 24.**

skills. Students will be shown  
basic techniques that will lead to  
their own creative solutions.  
Clay, glazes and firings are pro-  
vided. Pre-registration required.  
\$30 registration fee.

### Quilts for Kids

Sept. 12 - 11 a.m. to 3 p.m.  
Come join in to make quilts for  
kids in long term healthcare, safe  
houses, children of deployed  
Soldiers and for Wounded War-  
riors. Learn everything you need  
to know for these simple but  
beautiful quilts. Gifting a quilt is  
like giving a hug. Bring your  
lunch and stay all day.

### Framing Classes

Get qualified to use this great  
facility and equipment! You will  
complete one piece as you learn  
to operate the equipment. You  
are required to bring something  
in to frame such as an 8x10  
photo or certificate. All materials  
are available at the frame shop  
which will be purchased at the  
end of class. Saturday, Septem-  
ber 12, 9am-11:30am or  
Wednesday Sept. 9 - 6 p.m. to  
8:30 p.m. (Pre-registration fee  
of \$10 is required prior to class.  
Materials not included.)

### Krafty Birthdays

Parties include up to two  
hours of party room use, one  
craft project with instruction and  
all materials, with many exciting  
projects to choose from. When  
making party reservations,  
please make sure to select the  
craft and make payment.

### Sony Picture Station

Do it yourself instant, high  
quality prints are easy to create  
and affordable too. Sizes are  
available from wallets to 8" x  
10". Personalize your prints with  
wording, borders, picture col-  
lages, scrapbook pages, cards,  
calendars, and more. Just slip in  
the card from your digital cam-  
era, or a photo CD, and you're  
ready to print. Scan some old  
photos and burn them onto a CD,  
or just copy onto a CD from your  
memory card. This machine does  
it all.

### Create-A-Critter

Adorable Critters to stuff. It's  
easy and fun. Choose from an  
assortment of Critters: Bears,  
Puppies, Unicorns, Frogs, Tigers  
and a whole lot more. You can  
even add an outfit. Create  
designs for T-shirts and canvas  
backpacks.

Stop in today and have tons of  
fun stuffing a plush animal or  
take one home to stuff or give as  
a gift. Critter Birthday Parties  
also available.

### Bingo

**at McGuire's Club**

Bingo starts at 7 p.m. every

Monday and Wednesday evening  
at the Club on McGuire Air  
Force Base.

Early Bird starts at 6:45 p.m.  
Variety of games featuring a pro-  
gressive number jackpot of  
\$2,000, consolation of \$200.  
Call (609) 754-2396.

## Griffith Field House

562-4888  
Bldg. 6053

**Combat Fitness Challenge**  
**Military Only**  
Monday and Wednesday  
6:30 a.m. to 7:30 a.m.

**Monday**

**Mind & Body Yoga**  
Noon to 1 p.m.

**Total Toning**  
5:15 p.m. to 6:15 p.m.

**Gut Buster!**  
6:15 p.m. to 7:15 p.m.

**Tuesday**

**Retirees in Motion**  
9 a.m. to 9:30 a.m.

**Cardio Dance**  
Noon to 1 p.m.

**Pilates Fusion**  
5:15 p.m. to 6:15 p.m.

**Spin It!**  
6:15 p.m. to 7:15 p.m.

**Wednesday**

**Cardio Kickboxing**  
Noon to 1 p.m.

**Mind & Body Yoga**  
5:15 p.m. to 6:15 p.m.

**Circuit Training**  
6:15 p.m. to 7:15 p.m.

**Thursday**

**Hi-Lo Step and Sculpt**  
Noon to 1 p.m.

**Zumba**  
5:15 p.m. to 6:15 p.m.

**Friday**

**Spin-It!**  
Noon to 1 p.m.

## Volunteer opportunities

### McGuire Thrift Shop

Thrift Shop volunteers sort  
through donations, price and tag  
items, assist customers with con-  
signments, hang merchandise,  
and interact with customers. In  
return, volunteers are permitted  
to consign a greater number of  
items per month, they receive a  
larger percentage on their con-  
signments, and often get a "first  
look" at incoming donations.  
Reimbursement for childcare is  
available. No prior experience is  
necessary, however, anyone with  
retail experience would be great-  
ly appreciated. For more infor-  
mation, call Jennifer Roberts at  
(609) 353-1126.

### Native America

#### Heritage Committee

Volunteers are needed to par-  
ticipate in the inauguration of  
Team McGuire's Native Ameri-  
can Heritage Committee. All  
personnel are welcome to join  
and participate, and do not need  
to be of Native American  
descent. All that is required is to  
share in the interest and educa-  
tion of others. If you are interest-  
ed in helping plan activities, call  
Mimi Cirillo at (609) 754-2079  
or Georgia Dupuis at (609) 754-  
2214.

### The Airmen's Attic

The Attic is in need of volun-  
teers. For more information, call  
Valerie Fiorotta, Airman & Fam-  
ily Readiness Center, at (609)  
754-5748.

## Joint Base chapel announces AWANA Children's Program

Lt. Kevin Hostettler

The JB-MDL Protestant Chapel community is starting up the extremely popular children's Bible program, AWANA. Let your children join in on the awesome fun that this program has to offer, with an average weekly worldwide attendance of over one million strong! Starting September 9th, AWANA will meet every Wednesday evening at 6:15 in Chapel 2 (located in Falcon Courts North, near Discovery Elementary School).

There are grade specific clubs available for all of your children (yrs old through the sixth grade). Puggles is for children 2-3 years old. Leaders and parents work together to teach foundational truths about God. Your children will be excited to attend church and enter AWANA like their older siblings and friends.

Awana Cubbies is the club for preschool children. Cubbies is "fun with a purpose" - to reach and train kids for Jesus Christ. Games, puppets, crafts, awards and other activities transform our preschool program into a lively weekly experience where fun and learning go hand in hand.

Sparks Club is for children who are in Kindergarten through 2nd Grade. Sparkies combine learning with fun, to create an atmosphere of irresistible excitement! Club meetings are divided into three segments: Bible time, handbook time, and age-appropriate game time. Along the way, Sparky, the friendly firefly, and his three friends have many exciting adventures. Sparky encourages kids to learn verses and complete assignments throughout three handbooks.

Truth and Training is the club for third through sixth graders.

Like the Sparks, T&T is centered around three segments which, in addition to Bible time and handbook time, features a dynamic game time. Four handbooks of increasing difficulty teach children that life's ultimate adventure is a personal relationship with God. Bible-centered curriculum helps children build a firm foundation for their faith, keep God's Word in their heart, and apply Scripture to their daily lives.

Come join the fun! If you have any questions, please call Yvette at 754-5667 or the Base Chapel at 754-HOPE (4673)

**Read  
The Post!**

**MAKE A DIFFERENCE**  
Fort Dix is looking for interested residents  
who would like to volunteer  
"Fort Dix volunteers improve the  
quality of life for all residents"  
Call Army Community Service at 562-2767

For Daily Up-to-Date Information about Joint Base Activities visit:

<http://www.mcguire.af.mil/community/index.asp>

or

<https://www.dix.army.mil>



# SPORTS

## Senior NCO to wrestle on U.S. team

Tim Hipps  
FMWR Public Affairs

ALEXANDRIA, Va. — In the celebratory Year of the Noncommissioned Officer, U.S. Army World Class Athlete Program Greco-Roman heavyweight wrestler Dremiel Byers recently joined the ranks of the senior NCOs with his promotion to sergeant first class.

Byers will represent the Army on Team USA at the 2009 World Wrestling Championships, scheduled for Sept. 21-27 in Herning, Denmark.

"A senior NCO can really take the guys to a higher level on the military side," said WCAP wrestling coach Staff Sgt. Shon Lewis, who also is among the U.S. contingent headed to Denmark. "As a staff sergeant, you can walk some things through. Of course, the more rank you get, the farther you can walk with it, so that's going to be huge for the wrestling team."

Byers has been walking the walk on wrestling mats for the past decade. He reiterated his primary purpose at so many international tournaments that it has become his personal working mantra:

"Get my hand raised," Byers says, "and our song played."

A world champion in 2002, Byers helped Team USA win its only Greco-Roman team title in the history of amateur wrestling at the 2007 World Championships in Baku, Azerbaijan. He knows the spine-tingling sensation of hearing "The Star-Spangled Banner" being played on foreign soil while watching the Stars & Stripes get hoisted to the

rafters. He intends to hear it again.

Byers has been wrestling in and out of the shadow of two-time Olympic medalist Rulon Gardner, who posted the wrestling upset of the century at the 2000 Sydney Games against Russian legend Alexandre Karakline, who had not lost a match in 13 years. Gardner also turned the tables on slightly-favored Byers at the 2004 U.S. Olympic Team Trials for Wrestling at Indianapolis, which left Byers serving as Gardner's training partner that summer in Athens, Greece.

"I benefitted from battling Rulon for so many years," Byers said. "When I went with him to Athens to be his training partner, all the pressure was off of me. All I had to do was help him, I was watching and still learning. I saw how badly he wanted it and how badly I wanted it for him. He didn't win a gold medal, but a bronze. He touched the podium and I saw that."

Three years later, Byers claimed Team USA's Greco-Roman heavyweight spot for the 2008 Olympics in Beijing, where he finished a disappointing seventh. Byers then vowed to continue wrestling toward London, where he fully expects in 2012 to honor a promise he made long ago to his late grandfather, Theodore.

"Not accomplishing something for someone you love is a thorn in your side," Byers said. "It bothers you, I think about it every day. That's something that has to happen, and that's why I'm still going."

In 2002, he beamed from atop the podium in Athens, Greece, where he captured a gold medal



Tim Hipps, FMWR Public Affairs

**TAKE DOWN -- Sgt. 1st Class Dremiel Byers throws U.S. Army World Class Athlete Program teammate Sgt. Paul Devlin during the 2003 U.S. National Wrestling Championships in Las Vegas.**

as the first African-American and fourth member of Team USA ever to win a Greco-Roman crown at the World Wrestling Championships.

"The whole year in itself led up to it," Byers said of the best wrestling run of his life. "A lot of things changed in my wrestling. Rulon Gardner's (snowmobiling)

accident left the door open for me to get a whole lot more matches in. I had more world titles and had a great opportunity to see what was out there."

Along the way, Byers kept landing atop podiums.

"I stole a few moves from some little guys around the world, and by the time I showed up at the World Championships, there was nothing there I hadn't already seen," Byers said. "Once the wrestling started, I was totally in the zone and ready to go. Whenever someone would happen to score a point, it didn't matter because I knew there were too many areas for me to get it back. And it worked out."

"I got it back, and we got our song played at the end."

For his efforts, Byers earned the Army's 2002 Male Athlete of the Year honors and received a similar award from the United States Olympic Committee.

Byers defeated Hungary's Deka Bardois in the 264.5-pound Greco-Roman finale of the 2002 World Wrestling Championships.

"Finally," Byers thought as he climbed atop the podium in Greece. "Everything I'd been hearing about my wrestling ability and the potential people saw in me, maybe they were right. I really believe that it was something great that happened on the way to something better."

Seven years later, Byers, an eight-time national champion, is set to take on the best Greco-Roman heavyweights Sept. 27 at the World Wrestling Championships. At age 35, Byers will be

the wily veteran on a U.S. team he expects will surprise wrestling aficionados around the globe.

"I'm getting older. It's getting harder. But I still know that I can get it done," Byers said. "Once you're number one, you want to stay number one. You want to let them know, I'm number one, and this is what number one does, and this is what it feels like."

"Going to the Olympics opened my eyes. It is a small tournament and there's so much potential for a clash of styles. The guy I lost to, I don't remember him ever scoring. For things to play out that way, my hat's off to him, but I'm still looking at it like there's no room for mistakes. There's no room for me to wait until the last 25 seconds and then initiate my gut wrench. It's got to be, 'I'm here to do this. I'm attacking from the first whistle to the last.'"

"On so many occasions, there's room to be the good guy and just wait for your opening. Nah, man, you've got to go get it. When there's a guy that you're evenly matched against, yeah, OK, you can be cautious, but in time — look what happened. Now I see. It's a really, really small tournament. There are only 20 countries there. I learned so much just from watching the number of people who showed up, who lost, who won, and what was really going on."

The world championships, on the other hand, are wide open.

"There are near 70 countries in most cases," Byers explained. "There's a greater wild-card fac-

tor and a greater potential for all of the threats to be on one side (of the bracket). That happened in 2007. The Lithuanian came up to me and he was laughing and saying, 'Hey, all you good guys are on one side. Ha-ha.' He was so happy with that. Then he got put out of the tournament, but the next year he wins a bronze medal at the Olympics."

"I ran into him in Slovenia this year and his chest was swollen and poked out and he's confident and doing arrogant stuff like putting his arm in the air and daring me to take a walk and stuff, and I thought: 'A bronze medal will do all that to you, huh?' Let me remind you who I am. That's another thing. I've got to remind them all who I am, and what I represent, and where I'm from. I tried to kill that guy, because I was just like: 'Really? Really?'"

"Something special happened off what I did in Baku (struck bronze at the 2007 World Championships). I appreciate the fact that I was part of the first U.S. team ever to win a world championship, but it still hurts," Byers said of another potential gold medal that slipped from his grasp. "If you're not doing this to be number one, you're just hoping and wishing."

Byers said his days of hoping and wishing are history.

"Now, I've got to carry all those ifs," he said. "I'm going to stuff them all in my singlet — if, if, if — and I'm going to turn them into do. Just do it. That's the thing that gets me now because I can see it."

## Sports Shorts

### Griffith Field House

Saturday & Sunday  
9 a.m. to 5 p.m.  
Monday - Friday  
6 a.m. to 9 p.m.

### Energize with Combat Fitness Challenge

Maximize the benefits of standard physical fitness training at the Griffith Field House.

The Combat Fitness Training Challenge, held every Monday and Wednesday from 6:30 to 7:30 a.m., is an intense military-style group workout given by certified Griffith Field House personal trainers and Army master fitness trainers of all levels.

The class includes running, military-style calisthenics and drill exercises, cardio kick boxing and more.

Call (609) 562-4888 for more information.

### Tunnel to Towers Run is near

The seventh annual Tunnel to Towers 5K Run/Walk will take place Sept. 27. Start time is 9:30 a.m. and participation in the run is free for active duty Soldiers. Word is still awaiting on Army Reserve and National Guard Soldiers.

The Tunnel to Towers Run is a fundraiser done annually to honor the memory of New York Fire Department firefighter Stephen Siller and 343 other firefighters who were killed performing their duties on September 11, 2001.

The race starts at the Brooklyn Battery Tunnel and goes to Operation Ground Zero, the spot where the World Trade Center Towers stood prior to Sept. 11.

The race is traditionally run on the final Sunday of each September where tens of thousands of runners raise money for vari-

ous charities including the New York Burn Center and Fallen Heroes Foundation.

Log onto [www.tunneltotowersrun.org](http://www.tunneltotowersrun.org) for more information or to register.

### Scuba classes coming to the Fort Dix pool

If you're interested in seeing more than 70 percent of the earth, scuba diving can take you there. Come out to the Fort Dix pool and train to attain your scuba diving certification with qualified National Association of Underwater Instructors (NAUI) when the class begins, Oct. 5. The registration deadline is Sept. 23.

Call the pool at 562-2808 for more information or you can call or stop by and see the NAUI instructors who will teach the class at the Aqua-Tech Scuba Center at 479, Route 38 West, in Maple Shade. That number is (856) 482-1996.